



# Spousal Support for Cholesterol Management

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## Merit Review Entry Program Award Data

- **FOCUS:** Spousal support for cholesterol management
- **DATES:** July, 2004 – June, 2007
- **MENTORS:**
  - Hayden B. Bosworth, PhD
  - Eugene Z. Oddone, MD, MHSc
  - Morris Weinberger, PhD

## Self-Management of High Cholesterol in Veterans

- Coronary heart disease (CHD) is the leading cause of death in the US
- > 80% of veterans have two or more risk factors for CHD
- One major modifiable risk factor for CHD is elevated low-density lipoprotein cholesterol (LDL)
- Up to 87% of veterans may have elevated LDL
- LDL can be reduced by medication, diet, and exercise
- <30% of veterans refill 80% or more of their statin prescriptions
- 28% discontinue statins after 4 years
- The majority of veterans do not adhere to dietary or exercise recommendations

## A Patient-Spouse Intervention for Self- Managing High Cholesterol (VA HSR&D IIR 05-273)

**FUNDING PERIOD:** 9/1/2006-8/31/2009

**PIs:** Voils, Bosworth

**CO-INVESTIGATORS:** Oddone, Weinberger, Kovac, Yancy, Coffman, Datta

**DESIGN & PARTICIPANTS:** 11-month randomized controlled trial of 250 veterans with above-goal LDL and their spouses

### STUDY ARMS:

- Intervention group: 125 patients and spouses receive written educational materials at baseline, then monthly phone calls from nurse interventionist to help patients establish goals and help spouses support those goals
- Control group: 125 patients and spouses receive written educational materials at baseline

**PILOT DATA:** Intervention improved

- Cholesterol knowledge
- Readiness to change diet and exercise
- Spousal support for diet and exercise
- Self-efficacy to communicate with physician and take medication as prescribed
- Patient-physician communication
- Medication adherence
- Weight, dietary cholesterol, saturated fat, trans fatty acids

### STUDY PROGRESS:

- Start-up tasks
  - Creating databases and intervention software
  - Conducting cognitive interviews to evaluate educational materials and study measures

## Other Research Interests

**AREAS:** Methods, racial disparities in health outcomes

**FUNDING:** R01 NR004907 (NINR) 6/1/2005-5/31/2010

**INVESTIGATORS:** Sandelowski (PI), Voils (Co-PI), Barroso (Co-PI)

**OBJECTIVE:** To develop and test methods for synthesizing qualitative and quantitative research findings in a common domain of health-related research

**STUDY PROGRESS:** End of year 2; 6 peer-reviewed publications in multidisciplinary journals

## Manuscripts During MREP Period (Selected)

- Voils, C. I.,** Steffens, D. C., Flint, E. P., & Bosworth, H. B. (2005). Social support and locus of control as predictors of adherence to antidepressant medication in an elderly population. *American Journal of Geriatric Psychiatry*, 13(2), 157-165.
- Voils, C. I.,** Oddone, E. Z., Weinfurt, K. P., Friedman, J., Schulman, K., & Bosworth, H. B. (2005). Who trusts healthcare institutions? Results from a community-based sample. *Ethnicity and Disease*, 15, 97-103.
- Voils, C. I.,** Oddone, E. Z., Weinfurt, K. P., Friedman, J., Bright, C., Schulman, K., & Bosworth, H. B. (2006). Racial differences in health concern in a community sample in Durham, North Carolina. *Journal of the National Medical Association*, 98(1), 1-7.
- Voils, C. I.,** Allaire, J. C., Olsen, M. K., Steffens, D. C., Hoyle, R. H., & Bosworth, H. B. (2007). Five-year trajectories of social networks and social support in older adults with major depression. *International Psychogeriatrics*, 16, 1-16.
- Voils, C. I.,** Barroso, J., Hasselblad, V., & Sandelowski, M. (in press). In or out? Methodological considerations for including and excluding findings from a meta-analysis of predictors of antiretroviral adherence in HIV-positive women. *Journal of Advanced Nursing*.
- Voils, C. I.,** Sandelowski, M., Barroso, J., & Hasselblad, V. (in press). Making sense of qualitative and quantitative research findings in mixed research synthesis studies. *Field Methods*.